

HYDROGEN/METHANE BREATH TEST

Patient Information

The hydrogen/methane breath test is a painless and non-invasive way to diagnose the malabsorption of three different carbohydrates known to cause Irritable Bowel Syndrome (IBS) symptoms.

Tests and potential outcomes

A **positive diagnosis** is made based on your breath test results and any symptoms you may experience in reaction to the substrate.

Test	Positive Diagnosis
Lactose breath test	Lactose malabsorption
Fructose* breath test	Fructose malabsorption
Sorbitol breath test	Sorbitol malabsorption

Each test

- Starts at given appointment time and takes up to 3.5 hours to complete
- Needs to be done on a separate day and at least three days apart
- Requires pre-test preparations – see “Test Preparation”

Costs

- All tests are payable on the day by EFTPOS, Visa or MasterCard, or Cash.
- There is no Medicare rebate.
- All tests are safe in children and pregnancy. If your child is under 35kg in bodyweight, then please advise booking staff of approximate bodyweight.

**Fructose tests are not suitable for patients with diagnosed or suspected Hereditary Fructose Intolerance*

Test Preparation

You must follow these instructions before each test to ensure accurate and reliable results. This will be verified on the day in order for your test to proceed.

Patients who do not follow these instructions may be refused testing or may have to reschedule.

2 WEEKS before the test	<ul style="list-style-type: none"> ▪ No Oral and IV antibiotics. Skin creams, eye and ear drops are OK. ▪ No Colonoscopy or Barium Meal Enema procedures.
1 FULL DAY before the test	<ul style="list-style-type: none"> ▪ NO Fibre Supplements (eg. Metamucil ®) and NO Laxatives ▪ Follow the special diet outlined below ▪ Avoid consumption of alcohol
12 HOURS before the test	<ul style="list-style-type: none"> ▪ Fast for 12 hours before the test (we usually recommend from 9pm) ▪ Plain water leading up to the test is fine
ON THE MORNING of the test	<ul style="list-style-type: none"> ▪ NO SMOKING and CONTINUE TO FAST ▪ Continue to take your normal medication with plain water ▪ Please refrain from physical exercise for 1 hour prior to your test ▪ You may wish to bring some reading material to occupy your time ▪ You can brush your teeth but please do so without toothpaste.

Diet 24 Hours before-hand

If you're unsure whether you can eat a particular food, please feel free to call us and check!

Meat & Meat substitutes	Grains	Dairy	Vegetables	Beverages	To flavour
Chicken Turkey Fish Canned fish (in springwater or olive oil) Eggs	Rice Gluten-free pasta Cereals <ul style="list-style-type: none"> Cornflakes Puffed rice Plain rolled oats ($\leq \frac{1}{4}$ cup) 	Lactose-free milk Almond milk Plain lactose-free yoghurt	Potatoes Tomatoes (if canned, then $\leq \frac{1}{2}$ cup) Cucumber Spinach Lettuce Eggplant Carrot	Tea <ul style="list-style-type: none"> Black Peppermint Green Water	Fresh herbs Olive oil Salt Pepper Lemon

Meal Suggestions

	Option 1	Option 2
Breakfast	2 boiled eggs w/ spinach & tomatoes	Cornflakes w/ lactose free/almond milk
Lunch	Canned tuna /baked chicken w/ rice, spinach, cucumber & tomatoes	Baked potato w/ spinach, grated carrot, olive oil & basil
Dinner	Baked chicken w/lemon & olive oil, roast potatoes, carrots & eggplant	Spinach, fresh tomato & eggplant w/ gluten free pasta
Snacks	Carrot & cucumber sticks	Lactose-free yoghurt

Foods to Avoid

Grains & Cereals	Fruit	Vegetables	Dairy	Nuts & Legumes	Meat & Meat substitutes	Other
Cous cous Pasta (inc. gnocchi) Noodles Wheat & barley based cereals Bread <i>Any product containing wheat</i>	Avoid all fresh fruit Fruit juices Sauces <ul style="list-style-type: none"> Apple sauce Dried fruit <ul style="list-style-type: none"> Raisins Berries Mango Paw paw etc Jams/preserves	Avoid all vegetables unless on the allowed list	Milk (FF & LF) <ul style="list-style-type: none"> Cow Goat Sheep Soy Yoghurt <ul style="list-style-type: none"> Cow Goat Sheep Soy Cheese Ice cream Custard	Nuts Seeds Beans & lentils <ul style="list-style-type: none"> Canned Boiled from dry 	Processed meat <ul style="list-style-type: none"> Sausages Hamburgers Canned meats Marinated meat Vegetarian substitutes <ul style="list-style-type: none"> Falafel Vegetarian mince Sausages Flavoured canned fish	Sweeteners <ul style="list-style-type: none"> Honey Artificial sweeteners Gum Mints Chocolate Lollies All sauces & spreads Alcohol